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IN WHICH THE DANIMAL GETS A LESSON IN SCORING DRUGS **PAGE 9**



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So, uh ... is this your fire truck?

Missing and valuable.
 Curious blogger sparks international mystery



SHANE GIBSON
 shane.gibson@metronews.ca

More than five years after posting a picture of an old fire truck he found sitting in a North End backlane, the Winnipegger behind the West End Dimpplings blog is appealing to the public to help track it down.

That's because Christian Cassidy recently heard from a U.S.-based fire truck collector who emailed to say the 1960 LaFrance Firebrand is so rare that museums would fight over it.

"Apparently it's a one-of-a-kind fire truck," Cassidy told Metro on Monday, explaining that only about 100 were made and that the configuration of

the one he found makes it even rarer.

Cassidy found the rusty white truck parked in the backlane behind Dufferin Avenue in 2007 and posted his photos online in the hope someone could reveal why it was there.

The truck was gone within a month. Cassidy's post didn't get a response until 2011, when the former chief of the Merrick, N.Y., Fire Department let him know the truck had been bought new in 1960 and served until 1997, when it was donated to another department.

How it ended up in Winnipeg years later is still a mystery.

But now that he knows the value of the truck, Cassidy is more curious than ever to know where it ended up.

"I did another blog post in case it's rotting in a field somewhere ... or somebody doesn't know what they have and are considering selling it for scrap."



West End Dimpplings blogger Christian Cassidy is hoping to find out what's become of this 1960 LaFrance Firebrand fire truck he found in a North End backlane in 2007 after a U.S.-based collector let him know it's a rarity sought by museums. COURTESY WESTENDDIMPPLINGS.BLOGSPOT.CA

Batkid foils evil Canadian

Ontarian helps 5-year-old's wish come to life **PAGE 6**

Ford promises 'outright war'

T.O. city council guts more of the mayor's power **PAGE 5**

Local mom at her Ritz end

Mother sent bill after kids' lunches get padded **PAGE 3**

Call it 'plenty of catfish'

Tons of people being duped by fake online lovers **PAGE 11**

Second wave of suffering

Canadian seeks to prevent violence in Philippines **PAGE 8**

Dolphins soak in hot water

Interrogations begin into alleged bullying **PAGE 26**

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Manitoba kids fed Ritz crackers to 'balance' home-cooked meal

Putting on the Ritz.

Fines are one way school encourages parents to follow Canada Food Guide



SHANE GIBSON

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A Manitoba mother was surprised last year when her kids came home from daycare with a note informing her she'd be fined because the lunch she'd packed for them — complete with homemade roast beef, potatoes, carrots, an orange and milk — was unbalanced.

And the kicker for Kristen Bartkiw came when she read how the daycare had balanced the lunches: Her five-year-old son and three-year-old daughter were each given Ritz crackers to make up for the missing grain required under the province's school

lunch policy.

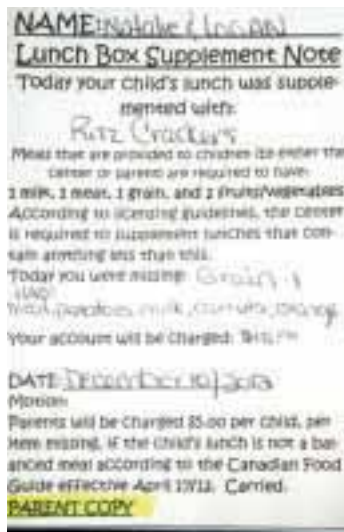
"They have certain legislation that they have in place where you have to follow these food groups, but it doesn't matter how processed the foods are or if they're junk food ... so Ritz crackers count as a grain," laughed Bartkiw, 33, who lives in Rosburn and actually sat on the daycare board when the letter came home last December.

"I phoned the daycare worker and said 'you know, potatoes, surely I can get away with this,' and they didn't actually end up charging me the \$10.

"But it was just the principal of the thing, that it was not considered a healthy lunch that I found ridiculous."

The policy says "a nutritious meal (as outlined in the Canada Food Guide)" must be provided by daycares taking care of children for six or more hours a day, according to the province's website.

Bartkiw's story was made public Monday on an online



The note sent home to Kristen Bartkiw and her husband, Wade. CONTRIBUTED

blog.

While she understands the policy is intended to encourage parents to make sure their kids are eating whole meals, Bartkiw thinks in many cases

the Canada Food Guide can be too broadly interpreted.

"You could send microwave Kraft Dinner everyday and that would count as a grain under the guide," she

said. "I would encourage parents to not just blindly follow the Canada Food Guide, but really think about eating more real food and not packaged food."



Winnipeg woman charged in city's latest homicide



Blood is seen on the outside of the Capri Building on Portage Avenue Friday. SHANNON VAN RAES/FOR METRO

The Winnipeg woman taken injured from the scene of a bloody homicide at a Portage Avenue apartment building in St. James late last week is now facing second-degree murder charges in connection to the death.

Brandon Lee How, 39, died in hospital after he was stabbed while partying with two friends at the Capri Apartments shortly after 9 p.m. Friday, said police.

The two friends, 32-year-old

Dawn Marie McFadyen, and a 42-year-old man were also taken to hospital with minor injuries, and McFadyen now stands accused of the killing.

Police spokesperson Const. Rob Carver said Monday the victim and the other man had gotten into a physical fight in the suite before McFadyen intervened, allegedly stabbing How in the upper body before the fight spilled out into the hall and ultimately onto the street.

"We did have witnesses in the area, people driving by, as well as people inside the apartment who had seen it," said Carver, who couldn't say for sure whether drugs or alcohol were factors.

"I probably can't answer that directly other than to say that these types of incidents are often fueled by drugs or alcohol being put into the mix."

The killing is Winnipeg's 23rd homicide of 2013.

SHANE GIBSON/METRO



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1 NEWS

Transit Tuesday



Weekly Transit News Update

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Project

No need to pave parking lot — for now

Sport Manitoba was given a reprieve on Monday for what could have been costly landscaping before construction begins on their Sport for Life Centre.

The organization was ordered by the City of Winnipeg to remove vehicles from and barricade a surface parking space on Pacific Avenue — and pay for landscaping.

On Monday, Jeff Palamar, chair of Sport Manitoba, appealed that order to members of the downtown development committee.

Palamar said the area in question is being used for parking despite repeated pleas from the organization that people not park there and signs in the vicinity indicating that.

"Like any (non-profit) organization, we have limited financial resources," said Palamar, adding it would be "wasteful" to spend an estimated \$100,000 on landscaping that would soon after be removed.

"Our request for you today is patience and co-operation and understanding, and giving us an opportunity to make this project work."

Palamar said his organization has secured \$12.6 million for the construction of the \$18-million Sport for Life Centre, which will be an 80,000-square-foot training centre.

Palamar said Sport Manitoba gets no revenue from that parking and they believe it is parents and volunteers who are doing it, which discourages them from calling a tow-truck.

BERNICE PONTANILLA/METRO



Jim August, CEO of The Forks Renewal Corporation, said the first phase of planning for Parcel 4 has revealed a desire for a mixed-use space. BERNICE PONTANILLA/METRO

The Forks CEO tackles Parcel 4

'Engaged.' Mixed use of housing, businesses, park and parking envisioned for site



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

A mix of commercial and residential, with public art, green space and parking development are some of the ideas for a controversial piece of land near The Forks that nearly became a water park and hotel.

On Monday, Jim August, CEO of The Forks Renewal Corporation, delivered a progress report to members of the downtown development committee on the Rail

Online

- Visit theforks.com/railside for an online report, also available for download, on the Rail Side Lands and Parcel 4 Planning Initiative.

Side Lands and Parcel 4 Planning Initiative.

August said the initial phase of interviewing representatives of nearby organizations and companies is complete, and the next phase, an in-depth plan for the greater community to debate, should be ready by March.

"The whole process is unfolding as we were hoping it would," August told reporters after the meeting.

A bid to build a water park

on the six-hectare piece of city property known as Parcel 4 failed in the summer of 2012 due to public outrage. That led to the creation of this more consultative process, which includes another six hectares of The Forks land for a total of 12 hectares.

As for that water park, August said it hasn't been completely discarded.

"People weren't saying 'Don't do a water park,' they were just saying it's got to be part of a bigger idea," he added.

August said parking is important to the site, about 800 additional stalls will be needed once the Canadian Museum for Human Rights opens next year, but those consulted would like to see it done in a "hidden or out of sight" manner.

\$5.5B. Record spending and balanced budget can happen: Selinger

Premier Greg Selinger said Monday he can balance the budget and undertake a record \$5.5-billion infrastructure program in part because most of the projects will not kick in right away.

"That will roll out and ramp up as we go along. It's going to take a while to get

it fully moving," Selinger said.

Selinger's five-year infrastructure plan announced last week comes as the NDP government is trying to keep a lid on spending so it can balance the budget by the 2016-17 fiscal year.

THE CANADIAN PRESS

Deal. Manitoba Hydro, SaskPower sign \$100M electricity agreement

The Manitoba and Saskatchewan governments have signed an agreement that will see SaskPower buy \$100-million worth of electricity from Manitoba Hydro.

"With Saskatchewan's economy growing fast, demand for electricity has been increasing at more than twice the his-

torical average," said minister responsible for SaskPower Bill Boyd. "I'm pleased SaskPower has reached an agreement with Manitoba Hydro that will add clean, affordable electricity to the Saskatchewan grid and help the province's economy with power to grow for many years to come." METRO

50 Shades of Gross. Traces of drugs, STDs found on library books



**KIERON
MONKS**
Metro World News in London

Belgian researchers have discovered traces of drugs and sexually-transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library. Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.



Why were you doing this test?

We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. \$100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?

The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?

Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?

I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cut-off" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal

immigrant." Students who capture them and take them to the Young Conservatives' recruiting table will get \$25 gift certificates.

Gregory Vincent, the university's vice-president for diversity, said students who participate in the game Wednesday would be exercising their freedom of speech "to the detriment of others."

THE ASSOCIATED PRESS



Toronto Mayor Rob Ford sits in the council chamber as councillors look to pass motions to limit his powers on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Rob Ford loses even more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

This means war

"Mark my words friends, this is going to be outright war in the next election."

Toronto Mayor Rob Ford, who also called council voting overwhelmingly to slash his budget and hand many of his duties to the deputy mayor a "coup d'état," and told councillors, "You guys have just attacked Kuwait."

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Rob Ford of more of his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

As a shouting match erupted between Ford and members of the public, the besieged mayor seemed to charge a heckler but instead knocked down a female councillor, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor who police had warned about impaired driving.

The incidents formed a noise backdrop to the unprecedented debate over neutering the badly wounded mayor.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow councillors.

Ultimately, however, it made little difference and council voted overwhelmingly to slash Ford's mayoral budget and hand many of his duties to the deputy mayor.

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Anniversary of space station to be marked with Twitter event

Several space agencies are staging a global media event on Twitter this week to mark the 15th anniversary of the International Space Station.

The Canadian Space Agency, NASA, the European Space Agency and JAXA, the Japanese Aerospace Exploration Agency, will launch a worldwide wave on Twitter, beginning at 7 p.m. eastern Tuesday evening.

That will be midnight GMT — the official time zone of the orbiting space laboratory.

The four space agencies will issue 24 tweets related to the giant space station in 24 hours — one every 60 minutes at the top of every hour.

Twitter users can join in the conversation by using the hash tag #ISS15.

THE CANADIAN PRESS



In this Sept. 5, 2012, photo, Japan Aerospace Exploration Agency astronaut Aki Hoshide uses a digital still camera to expose a photo of his helmet visor during the mission's third session of extravehicular activity (EVA). During the over six-hour spacewalk, Hoshide and NASA astronaut Sunita Williams (visible in the reflections of Hoshide's helmet visor) installed a camera on the International Space Station's robotic arm, Canadarm2. AKI HOSHIDE/NASA/THE ASSOCIATED PRESS

World co-operation

- Since the launch of Zarya, the first module of the International Space Station on

Nov. 20, 1998, five agencies have worked to build the massive structure.

Citizenship

Malta government to make public the names of passport buyers

Malta's government has rolled back one element of its controversial law to sell its citizenship for \$916,500, saying it will publish the names of people buying their way into European Union passports.

THE ASSOCIATED PRESS

Public debate

Dick Cheney's daughters divided on gay marriage

Liz Cheney, who is running in a Republican primary for a U.S. Senate seat from Wyoming told Fox News Sunday she disagrees with her sister Mary Cheney, who is married to a woman, over the topic of same-sex marriage.

Mary Cheney responded on Facebook: "You're just wrong."

THE ASSOCIATED PRESS

Church trial

Methodist pastor defends officiating son's same-sex wedding

U.S. pastor Frank Schaefer, 51, who could be defrocked for officiating at his son's same-sex wedding, pleaded not guilty at a church trial Monday to charges he broke his pastoral vows.

The jury of 13 pastors found Schaefer guilty and will devise his penalty Tuesday.

THE ASSOCIATED PRESS



The Penguin takes San Francisco Giants mascot Lou Seal hostage as Batman and leukemia survivor Miles Scott, 5, dressed as Batkid, seen in the inset below, give chase as part of a Make-A-Wish Foundation fulfilment at AT&T Park Friday in San Francisco. RAMIN TALAEI/GETTY IMAGES

San Fran Batkid baddie actually a Canuck, eh

Villain with a heart.

Canadian speaks of 'amazing' day playing the Penguin for Batkid wish



MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought

we would just put on some costumes and romp around a playground for 10 minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven

from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

Dream come true

San Francisco became Gotham City for the day thanks to the Make-A-Wish Foundation.

- After a call from the chief, Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.
- The day ended with the heartfelt thanks of the mayor and the key to the city.



- Batkid's secret identity is Miles Scott, 5, of Oregon, who is in remission from leukemia after fighting it for four years.

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"Canada's Housing Crash Begins" — CANADIAN BUSINESS

INSIDE THE LOOMING CANADIAN REAL ESTATE CRASH, CANADIANS ARE BUYING SAFELY IN THE U.S.!

Canada's slowing economy, stalling housing starts and impending rising interest rates has caught the attention of astute Canadians. With the strong buying power of the Canadian dollar, all time low US real estate prices, warmer climate and the pending US housing shortage, it's no wonder savvy Canadian Investors are taking advantage of this significant market opportunity. From buying a retirement or vacation property, or investing in income property to significantly increase their wealth, Canadians are taking advantage now. **But, Time is Running out!!!**

FACT #1: US properties STILL up to 50%, 60% & 70% off retail highs

FACT #2: The Canadian dollar has purchasing power, but for how long?

FACT #3: 31% of the foreign purchases in Florida are by Canadians

FACT #4: Interest Rates are at 40 year lows

FACT #5: The American Economy is Rebounding

FACT #6: FINANCING IS AVAILABLE FOR CANADIANS

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"...Condo Market Could Destabilize The Economy, Bank of Canada Warns" — CBC NEWS, 2013



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Survivors struggle for aid in the typhoon-hit province of Leyte, Philippines. AARON FAVILLA/THE ASSOCIATED PRESS

Canadian to help curb post-disaster violence

Preventing a second wave of suffering. Survivors at risk of physical, sexual and emotional abuse

MATT KIELTYKA
Metro in Vancouver

Minutes before boarding for the devastated post-typhoon Philippines, Gurvinder Singh was preparing himself to "expect the unexpected."

Like most Canadians, he's seen images of hardship, destruction and suffering flash

across television screens.

Unlike others, Singh is a Canadian Red Cross violence-prevention adviser and he knows that the vulnerable, displaced and sick can also become victims of a second wave of suffering in the form of physical and sexual violence.

Singh will be deployed at the Canadian Red Cross' field hospital in Ormoc, where he and his team will look for signs of abuse among patients. Opportunistic criminality, family stresses and cramped conditions are just some of the risk factors Singh will be working to mitigate.

"I know there will be

Abusing the injured

"We've seen this globally after other disasters."

Gurvinder Singh, violence-prevention adviser for the Canadian Red Cross, talking about how violence normally happens in the aftermath of large-scale tragedies.

a lot of human suffering. We're training to expect the unexpected," he said. "The Red Cross has great training. We're prepared. It's a matter of doing your best with the best that you're given."

Ormoc City, in the province of Leyte, is one of the hardest-hit areas in the Southeast Asian country.

Midwest tornadoes. High-tech forecasts help trim twister death tolls

When a cluster of violent thunderstorms began marching across the Midwest, forecasters were able to draw a bright line across a map showing where the worst of the weather would go.

Their uncannily accurate predictions, combined with television and radio warnings, text-message alerts and storm sirens, almost certainly saved lives when rare late-season tornadoes dropped out of a dark autumn sky. Although the storms howled across 12 states and flattened

entire neighbourhoods in a matter of minutes, only eight people died.

By Monday, another more prosaic reason for the relatively low death toll came to light: In the hardest-hit town, Washington, Ill., most families were in church.

In the last decade alone, improvements in weather forecasting technology have doubled the number of days in advance that weather experts can anticipate major storms, said Bill Bunting of the U.S. National Weather Service. **THE ASSOCIATED PRESS**

Are we alone? Maven takes off to find out

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion years to cold and dry today. The early Martian atmosphere was thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.



A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

Maven set off through a cloudy sky Monday afternoon in its effort to provide an-

swers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

"We don't have that answer yet, and that's all part of our quest for trying to answer, 'Are we alone in the universe?'" in a much broader sense," said John Grunsfeld, NASA's science mission director.

This is NASA's 21st mission to Mars since the 1960s. But it's the first one devoted to studying the Martian upper atmosphere.

The mission costs \$671 million US.

THE ASSOCIATED PRESS



You stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. **FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS**

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted.
CAREERBUILDER

Market Minute

DOLLAR
95.86¢
(+0.14¢)

Natural gas: \$3.62 US (-6¢)
Dow Jones: 15,976.02 (+14.32)

TSX
13,458.06 (-24.50)

OIL
\$93.03 US (-81¢)

GOLD
\$1,272.30 US (-\$15.10)

Unsolved crime

Father says Google Maps shows murdered son's body

A San Francisco Bay Area man says a Google Maps satellite image near a rail line shows the body of his teenage son, who was shot and killed in 2009.

Jose Barrera wants the Internet giant to take down the image out of respect for his son, Kevin. The 14-year-old's body was found on a path near railroad tracks that separate North Richmond from San Pablo on Aug. 15, 2009. His slaying remains unsolved.

THE ASSOCIATED PRESS



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON



THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danial was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scram."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me \$19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

in the sternum."

"Where did this happen?"

"In a bar."

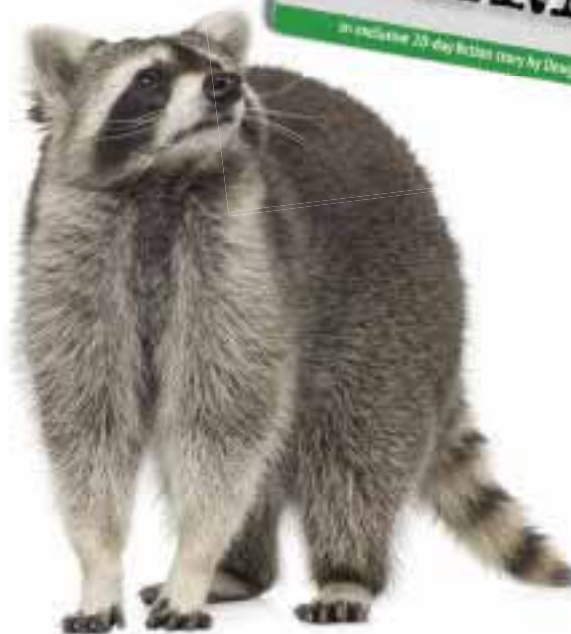
It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."



Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM



Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...

Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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TARGET MARKETING MISSES THE MARK

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop culture event complete with social media hashtags and at-home viewing parties.

This year's installment of the annual holiday fashion show doesn't officially air on prime time television until Dec. 10. But the body glitter-encrusted spectacle exploded all over Twitter and Instagram in real-time during last week's taping, which means I've had plenty of time to consider whether or not the latest \$10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits which only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than us mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this



SHE SAYS

Jessica Napier

metronews.ca

yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass marketed thongs you might find in the "5 for \$25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest

collection from the brand's PINK line, which is geared towards a younger 15-to-22-year-old demographic. The sexed-up outfits were accessorized with large emoticon-faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popu-

lar culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a backroom full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, technicolour outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Scenic landscape or wavy ocean?



ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection



ROB ETZEL
Software professional
and photographer,
from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about

where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with



Oceanhorn protagonist
CONTRIBUTED

repetitive tasks and environmental engagement is lacking. But, it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/\$8.99)

Boom Beach:

Supercell's follow-up to the absurdly profitable Clash of Clans doesn't finagle with the formula. Once again, you're in charge of growing and commanding an army that, depending on your skills as a general, will conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but even early on, the strategy seems deeper. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more "convincing" is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.

Jeremy Gauthier, Hamilton, Ont.

WE WANT TO HEAR FROM YOU: Send us your comments: winniepegletters@metronews.ca

DVD review



The World's End

Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

.....

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL

Tokyo Story

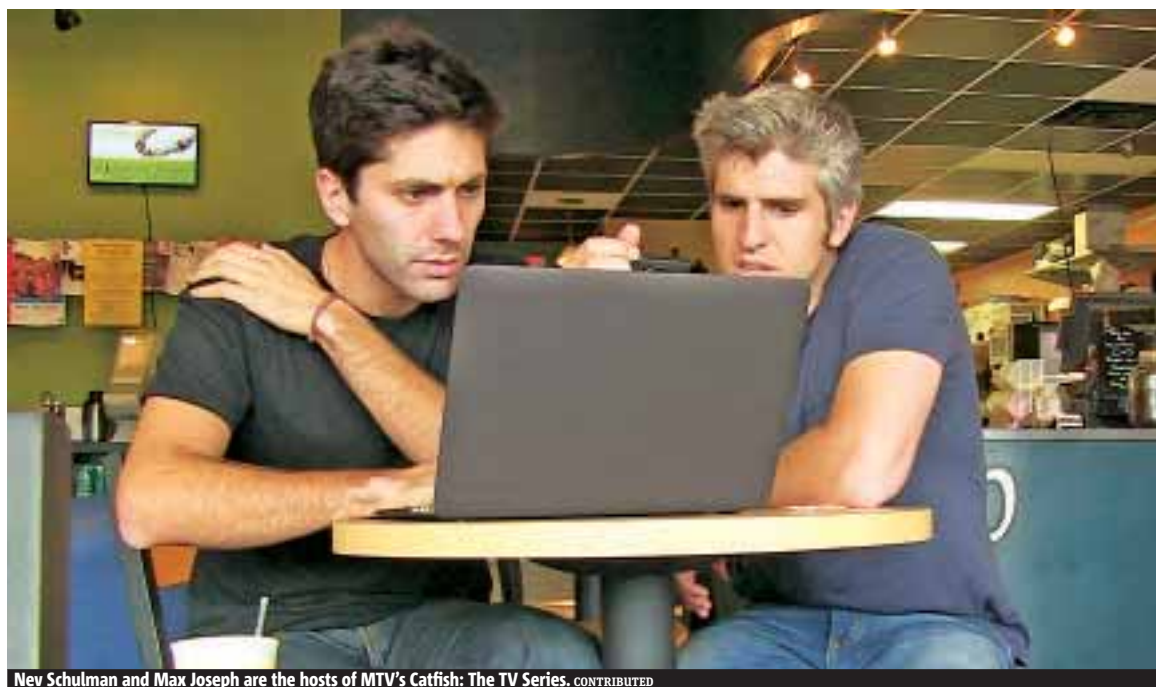
Director. Yasujiro Ozu

Stars. Chisu Ryu, Chieko Higashiyama

.....

The original 1953 trailer for Yasujiro Ozu's gentle masterpiece speaks of the "boundless joy and endless grief" of parenthood, a statement that won't sound contradictory to anyone with children. Nowhere are these competing emotions more eloquently expressed than in Tokyo Story, a regular Top 10 finisher in Sight & Sound magazine's decennial poll of film critics and directors ranking history's top films. A new Criterion release on 4K digital Blu-ray gives Tokyo Story its best yet home video release.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

On love and lies and a pair of online spies...

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO

Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online. The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL linebacker Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too

crazy to be true, and also the fact that people were filming it every step of the way also seems far-fetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one. The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about how mystery is the greatest

aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be. It's very easy to do that online. You project onto this person whoever you want. You convince yourself that they are that dude.

Out of all your episodes on the show, was there just one person's case that you thought, "There's no way this could be real"?

Max: Yeah! A lot! There's definitely a bunch of common red flags that we see a lot. Any guy that has perfect abs, that's a red flag. We've never seen that work out where a guy has perfect abs, and it turns out to be the guy.

Also if they say that they are a model of any kind or a hip-hop star or if they're in the same city and they can't meet up for some reason, they are definitely not who they say they are. If they can't get on a web chat like Skype, they're definitely not who they say they are.

Nev: But that's not true Max! I think the one time we were sure was there was a guy who (couldn't) get the other person on the phone! If they can't have a phone conversa-

Bro love

OK, now the real question everyone wants to know. What's up with the bro-mance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

tion with you, then they are absolutely not who they say they are. And if they say they are a guy, then they're probably a girl that's pretending to be a guy.

I'm one of those people who really wishes for a happy ending. Was there any case that you really wished it was true?

Max: We wish all of them are true! We spend a lot of time with them. We embed ourselves in their lives. We want nothing more than their wishes to come true. Sometimes they seem like they could come true. We're always rooting for the happy ending.

2 SCENE

Losing weight and gaining a movie

True story.

McConaughey lost 47 pounds to play an HIV patient in *Dallas Buyers Club*, a film that almost didn't get made



**NED
EHRBAR**
Metro World News in Hollywood

By the time Matthew McConaughey signed on for the long-in-development *Dallas Buyers Club*, it had become one of those projects many in Hollywood assumed would just never happen. The film, about real-life early HIV patient Ron Woodroof (McConaughey), has had several actors attached over the years without going forward. So what changed with McConaughey? He willed it into production through massive weight-loss.

McConaughey famously dropped 47 pounds for the role, filming at an alarming 137 pounds, and as far as he was concerned once the weight started coming off, the train had left the station. "There were many times as we were approaching, people were going, 'It's not going to happen. How about pushing it to spring?'" McConaughey remembers. "And I was like, 'You're going to make me go through Christmas and four more months of this? You want me to be 110? No!'"

As much attention as his weight loss has gotten — he says he's gained back 40 of the 47 pounds — McConaughey doesn't think it's that big of a deal. "The body's much more resilient than we give it credit for sometimes," he says. "You're reminded of that especially after women give birth. It really can rebound."

In fact, he'd even go so far as to call losing all that

The movie

Directed by Jean-Marc Vallée (*The Young Victoria*, *C.R.A.Z.Y.*), *Dallas Buyers Club* speaks to real life issues.

- In 1986, the AIDS crisis was still a misunderstood horror.
- Woodroof (McConaughey) smuggles unapproved treatments across the border from Mexico to patients neglected by the medical establishment.

weight fun. "Even the hard work is fun. The going down 47 pounds was fun," he says. "It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun." "Dallas Buyers Club"



Matthew McConaughey lost 47 pounds to play the role of HIV patient Ron Woodroof in *Dallas Buyers Club*. CONTRIBUTED

serves as a kind of culmination of a remarkable career renaissance for McConaughey over the past two years, when he returned to film after a brief break with a string of remarkable, off-kilter roles in *Bernie*, *Killer Joe*, *Mud* and *Magic Mike*. As for what sparked the change, McConaughey gives full credit to his wife and two young chil-

dren at home. "This is a really healthy time in my career. I'm enjoying and loving acting more than I ever have," he says. "I've got a really great support system in my family where when Popeye goes to work, they come. And they allow me to put the blinders on. I've got a wife who allows me to not have to look in the rearview mirror. And I'm still

getting time with my family — and if anything I'd say kids sure help the job I do. They sure remind you that we're playing make-believe, so let's make them believe. They sure remind you to be goofy as hell if you want to, which just frees up the instrument so that it's really working, when you're acting you're not really acting."

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How Jared Leto was 'seduced' back to film

Film. The chance to play a transgendered HIV patient in a non-clichéd way was too big an opportunity for the rocker to pass up

NED EHRBAR

Metro World News in Hollywood

A thriving career as a rock star is a pretty valid reason to stop making movies, so Jared Leto understands why people stopped sending him screenplays to consider.

"Yeah, they got the point after a while," he says. "But what a weird thing to do. I'm not so sure many people do that by choice — not work for that long."

What finally brought him back was *Dallas Buyers Club* — more specifically Rayon, the character he could play in it, a slinky and sarcastic transgendered HIV patient in 1980s Texas who teams with Ron Woodroof (Matthew McConaughey) to access better



Jared Leto. GETTY IMAGES

AIDS-fighting drugs not yet available in the U.S.

"I got seduced by Rayon, you know? I thought, what a steep climb that would be," Leto says.

"It's a composite, it's not based on a real person — but I think that she ended up being a real person. I think that character has been represented in film so many times in a way that's stereotypical, and I was intent on not putting a cliché up on screen."

"I think that's one of the opportunities that I saw

when I read the script. I said, 'Oh, I could do this in a way that has some dignity and grace, and there's a real person there.'"

While McConaughey's staggering weight loss for the role has been well-documented, Leto was no slouch either. "I lost over 30 pounds and then I stopped counting, because it didn't matter," he says.

"Really the weight for me is about how it affects me on the inside. It changes everything about you. It changes how you walk, how you talk, how you laugh, how you breathe, your choices in a scene. You may lean up against somebody as you're talking because you've got no energy. It's a transformative thing."

With plenty of awards season speculation around his performance, Leto's return to film is turning out to be a fairly time-consuming one.

But will audiences have to wait another six years to see him in another? "I don't know," he offers with a shy smile. "I haven't really thought about it."



Kristen Bell. ALL PHOTOS GETTY IMAGES

It wasn't exactly puppy love between Bell and her baby bump

Kristen Bell admits she was a bit worried about her bond to her daughter, Lincoln, before she was born in March. "I kept saying to (my husband) Dax (Shepard) in all sincerity

during my pregnancy, 'I just don't know how I'm going to like her as much as I like the dogs,'" she tells Flare magazine. "It could've been a water bottle in my belly, that's

about how connected I felt to her during my pregnancy. But within about 24 hours after she came out, my hormones reset and they reprogrammed my feelings about her."



Nick Cannon

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that

they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.



Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?

And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other.



So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.

Hate, love and sensuality.

Reviews have been a bit harsh.

The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes

instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?

Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.



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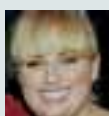
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@ActuallyNPH

Just heard I'm in last place in the People's Choice Awards, behind Michael Chiklis on The Shield.



@RebelWilson

and in further good news today, I found a pair of track pants that are fancy enough to wear outside but still feel like pajamas



@pattonoswalt

This Friday is the 50th anniversary of the deaths of JFK, Aldous Huxley & C.S. Lewis, all of whom died inside an 8 hour span of time.

Trading twirls for leg lifts



Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

**ROMINA
McGUINNESS**
wellness@metronews.ca

A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in *Black Swan*. Who wouldn't want that? Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd. Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft



The workout incorporates a number of different styles. CONTRIBUTED

Punk and Pharrell's *Get Lucky* is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of cal-

ories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

Best Health

Crazy about these nuts



**BEST HEALTH
MINUTE**
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of *Best Health*, we show how different nuts stack up in terms of calories, fat and excellent health benefits. All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts

These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts

They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds

An antioxidant in almonds protects cells and tissues from diseases such as cancer. And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

Pistachios

One ounce of pistachios (49 nuts) has as much potassium as an orange; potassium helps with digestive and muscular function. One has 3.5 calories and 0.3 g fat.

Chestnuts

They are high in complex carbohydrates and keep energy levels steady, while maintaining a healthy nervous system. One has 16 calories and almost zero fat.

Walnuts

Walnuts contain alpha-linolenic acid, an omega-3 that helps maintain brain health and reduce inflammation. A walnut half has 15 calories and 1.4 g fat.

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You are what you eat when it comes to diabetes

Medical advice.

New information on diabetes shows a healthy diet can prevent the disease

VIRGINIA
PELLEY
Metro World News

One of the best ways to prevent Type 2 diabetes? Eat like a diabetic. That advice might sound counter intuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. Although the advice is the same, diabetics have a 62 per cent higher mortality rate than non dia-



A healthy diet can help those with Type 2 diabetes. ISTOCK PHOTOS

betics, so they will see even greater benefits from maintaining a healthy diet.

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cuddihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend an absolute prohibition of sweets, but a balanced diet that's realistic and won't make people feel deprived."

The majority of people with diabetes, a metabolic

disorder, have Type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly. This is referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for Type 2 diabetes is age — you're at greater risk after the age of 40 — the incidence of Type 2 diabetes in young people is rising at an alarming rate.

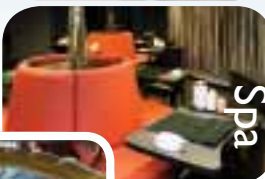
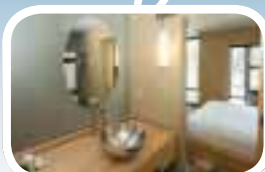
Other risk factors are obesity, family history, a sedentary lifestyle and your race and ethnicity.

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Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.

Savoury Butternut Squash Tart



This recipe serves eight. MATTHEW MEAD / THE ASSOCIATED PRESS

3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water

to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a

Ingredients

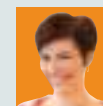
- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. **THE ASSOCIATED PRESS**

Health Solutions

Elk vs. deer in the kitchen



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat.

They are, indeed, different breeds but are culinarily and nutritionally similar.

• Both are farmed and mostly grass fed.

• Elk is more widely available in pepperette and burger form.

• Both are much more lean than beef.

• Each is equally tender.

First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with

hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast.

Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction.

Get it? Steer?! Oh, wait, that's a cow.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



We're taking care of business — part time

Temporary often becomes full time.

Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE DOJC
life@metronews.ca

Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers

For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief

Make an effort

"It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together."

Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

talent officer at BMO Financial Group.

"A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.

Never skimp on orientation

"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and

the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way

Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up

Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary em-



It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK

ployee because it could be very temporary that they're temporary," explains Roger.

Long-term conversion potential

Many temps do what they do because they are trying to get their foot in the

door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I

have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.

Embracing the \$200,000 baby

Young breadwinners.
Is the next web sensation in your house right now? Here's how to manage the potential pitfalls



MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than \$100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After



Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Dentist blog.

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to \$200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake

The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.



Charlie Bit My Finger has earned close to \$200,000 US. YOUTUBE

Encourage your kids to get behind the camera

Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for \$30 million US.

But still treat them like kids

D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation

Would you like someone putting up a video of you pooping



A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than \$100,000 US in ad revenue. GETTY IMAGES

your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study Configuring Childhood on the Web. "But when he's 20 or 30 looking for a job, how is his fame going to impact

him then? We still don't know," she says.

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."



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FURTHER YOUR STUDIES AT HERZING

Office work can be a lot more rewarding with the right training behind you.

The Herzing College business administration program trains individuals in business principles, practices, and operations with a focus on accounting and developing managerial skills.

"The program is designed for those students who are looking to find employment in a wide variety of business related fields, such as accounting, marketing, sales, and human resources, to name a few," says Frank Nowak, BA, BEd, instructor, Herzing College. "In addition to this, a student who is interested in starting their own business would find this program helpful."

Students will take courses in business communication, accounting, marketing and business principles.

In addition to these courses they will also learn several computer programs, including Word, Excel, Simply Accounting and QuickBooks.

"The program will offer the student a broad understanding of business and business functions," Nowak says.



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The program is designed for students who want to apply for entry-level business careers and opportunities.

"Many business administration students are interested in the sales and marketing aspects of business while others concentrate their efforts more on

administration and accounting," Nowak says. "The opportunities are wide for this program."

Graduates will be qualified to seek out employment in any business office, such as government offices and agencies, insurance companies, retail outlets and

COLLEGE CARES

Herzing College offers students a career-focused education.

Herzing students have access to a career services team that helps students with writing resumés and job finding.

Herzing College is also known as the college that cares. Many students find the environment a nurturing and comfortable place to learn.

organizations, and many more.

For those looking to further their education, this diploma may be transferred into a degree through an articulation agreement with Herzing University in the United States. Graduates can transfer their credits to Herzing University and finish their associate degree at a U.S. campus, or online from Canada, or a combination of both.

For more about the business administration program at Herzing, visit herzing.ca.



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MH VICARS HOLDS STUDENTS TO HIGH STANDARDS

When change comes, MH Vicars School of Massage Therapy believes it's better to be ahead of the curve.

Alberta massage therapy schools have a few years in which to meet new national curriculum standards, but MH Vicars School is already there.

Even before the new curriculum targets were announced, MH Vicars students were trained to some of the highest standards in the country. And the school's president believes her school will be

among the first in Alberta to teach the full national curriculum.

The national curriculum was introduced as part of a push by the federal and provincial governments to remove barriers that keep professionals from relocating between provinces. Massage therapy is only regulated in Ontario, B.C., and Newfoundland. Alberta therapists can't legally work in these provinces because without a national training standard, boards in those provinces have no way to

know how well they have been trained.

MH Vicars School has campuses in Edmonton and Calgary. It's a favourite for mature students because much of the work is done off-campus, allowing students to continue to work while getting ready for their new career. The next monthly classes begin in January for graduation in June 2015. Call Rachel at 1-866-491-0574 or email info@mhvicars-school.com for your free career information package, or to book a school tour.

FINDING THE RIGHT SCHOOL/WORK BALANCE

It's not uncommon for those going to school to also have a part-time or full-time job. A college education is expensive, and many people do not have the money saved up to pay for it.

So, what do you do?

The answer: Balance school and work. For those students who are trying to find the right balance between the two, here are some tips which may help so you can earn a degree as well as a living.

Be organized. Find the method that

is right for you. Write everything down in a planner, keep files and schoolwork together in an organized manner, which will help you to remember where everything is place, put reminders in your phone for the tests, deadlines, and work schedule.

Manage stress. One way to manage stress is to focus on one thing at a time instead of trying to do everything at once. By giving yourself one target goal at a time, it makes it seem less scary and,

thus, easier to accomplish. Another way to help with stress is to eat right and exercise daily.

Talk with your professors and employers. Your professors may not understand your work schedule and your employer may not realize how much schoolwork you have.

By communicating with these people and explaining to them what is going on in your life, it may help them to achieve an understanding of your hectic schedule.



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RED RIVER COLLEGE MEETS INDUSTRY NEEDS

The demand for trained business analysts is growing in Canada and around the globe.

To meet that demand, Red River College (RRC) has developed the business analyst certificate taught by leaders in the industry.

"The program was developed based on industry need," says Melissa Fontaine, program manager of information technology and professional studies, Red River College. "An increasing number of companies require trained personnel to analyze their business structure for ways to streamline processes."

Students will learn how to analyze, identify and recommend improvements to business processes.

Upon completion of the program, students will be able to perform a variety of quality control procedures including gap analysis, problem analysis, business needs assessment, cost-benefit analysis, and business test plans.

They will then be able to use their

NEW ELECTIVE

Red River College (RRC) has recently added a new elective to the business analyst program called agile business analysis. RRC is an IIBA endorsed educational provider (EEP). The EEP program includes commercial trainers, universities and corporations, all offering courses for business analysis professionals.

skills to bridge the link between business and IT, and help develop processes to help organizations increase productivity.

Fontaine says trained business analysts can be expected to be able to run the gamut between the IT and business sides of an organization.

"Trained business analysts are effective and efficient and will ensure project success and help organizations exceed stakeholder expectations," Fontaine says.



CONTRIBUTED

"Job opportunities are around just about every corner.

"I often receive job postings from companies hoping to hire a student even before they graduate."

Students must complete nine courses in order to successfully complete the business analyst certificate.

Students start out with an introduction course, followed by six core courses. They will then complete a business case

analysis and finally choose one of four electives to round out their education.

The complete RRC business analyst program is offered online and/or in class.

Graduates may go on to pursue employment as a business consultant, business process analyst, data analyst, business architect, requirements analyst/specifier, systems analyst, management consultant, as well as others.

For more information, visit rrc.mb.ca.



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MARVEL EMPHASIZES PRACTICAL SKILLS

A career as a hairstylist or esthetician means each day is different from the last.

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For nearly a century, Marvel Beauty Schools trainers and educators have established a network of relationships with salons and spas across Canada and beyond to provide its students the best opportunity for employment after completing their programs.

“We offer programs that are based on fundamental concepts while incorporating innovative precision techniques,” says Charlene Turcotte, campus director, Marvel Beauty Schools. “Our career training emphasizes practical skills combined with professional development.”

Marvel Beauty Schools offer a number of different programs for individuals looking to get into the beauty industry.

The hairstyling program is a full-time, 10-month Red Seal Trade program with enrolment taking place every month.



CONTRIBUTED

Students will learn the fundamentals of hairstyling, as well as the latest trends in the industry.

The esthetics program is a full-time, 39-week program and offers enrolment

every other month (starting in January). This program prepares students for work in salons and spas.

“Marvel Beauty Schools builds relationships with spas and salons in order

to assist you with your hiring needs,” Turcotte says. “We have qualified students and graduates available from our hairstyling and esthetics programs who are excited to put their skills to work for you.”

As a trusted name and a leader in the beauty industry in Canada, a Marvel education enables a graduate to work all over the world.

“Marvel graduates go on to become award winners, industry innovators, and creative leaders who shape and design their own futures,” Turcotte says.

Graduates can enter a wide range of careers in the beauty industry, including cosmetician, colour consultant, spa owner, photo stylist, business owner, makeup artist, sales executive, as well as others.

Because of the relationships that Marvel has built within the industry, the school has access to many programs and services to assist you in achieving your training and career goals.

For more information, please visit marvelschools.com.



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GIVE GIFT OF MASSAGE AT WELLINGTON COLLEGE

It's never too early to start ticking items off that long holiday gift list.

The gift that is sure to please almost everyone on your list this year, including the impossible to buy for, is the gift of massage.

Gift certificates for the Wellington College student clinic and Equip Massage Supply store are available for the holidays.

This is the gift that keeps giving since any massage at the student clinic is preformed by one of the students, which helps them learn.

The student clinic is a cost-effective way to get massage therapy. Student treatments cost less than half of an average massage appointment and are completely professional.

The price is so reasonable that getting a massage at the student clinic can be a part of your monthly routine.

Student clinic gift certificates can be applied to therapeutic massage, relaxation massage, hot stone massage, and aromatherapy.

CLINIC HOURS

Gift certificates are available in any denomination and are available at the front desk during office hours (8 a.m. to 5 p.m.) and clinic hours (5 p.m. to 9 p.m.).

The student clinic is open Monday to Friday from 5-9 p.m., while the Equip Massage Supply store is open from 9:30 a.m. to 4 p.m.

For massage therapists, physiotherapists, acupuncturists and any other supportive health-care modality on your list, a gift certificate to the Equip Massage Supply store will get allow them to stock up with essentials for the new year.

"A gift certificate for Equip Massage Therapy Supply would be best received by anybody in a supportive health-care profession, including massage therapists and students of massage therapy," says



CONTRIBUTED

Tricia Neill, operations manager, Equip Massage Supply.

"Also, any friend or family member who enjoys giving or receiving massage."

The store also offers several items for the public, including heat wraps, aroma-

therapy oils and supplies, as well as a selection of massage lotions and oils.

For more information about Wellington College, the student clinic or the Equip Massage Supply store, please visit wellingtoncollege.com.



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ROBERTSON COLLEGE ADDS NEW PROGRAM

Robertson College's exciting new Internet sales and marketing program is underway with an inaugural class of 12 students who come from a wide range of backgrounds and experience.

This 39-week program explores sales, marketing and project management concepts and how they can be employed and maximized in the web environment.

Specific skill areas include search engine optimization, web analytics, conversion optimization and marketing

through social media. The growing trend in web-based marketing means growth in Internet-based employment opportunities, not just in Winnipeg, but around the world.

And the globally recognized certifications through Market Motive and OMCP are the golden keys to this ever-expanding industry.

At the end of the program, each student will be placed in a six-week practicum so they may put their newly acquired

marketing and Internet skills to work in a real-world environment.

When possible, Robertson tries to arrange practicums with companies that already have job openings.

Upon completing the program, Internet sales and marketing grads may find jobs in marketing agencies, corporate marketing departments, non-profit organizations, government, as well as self-employment.

Every organization has a web presence so the employment potential is huge.



CONTRIBUTED



Nolan Bradshaw

CONTRIBUTED

PACE CAN HELP YOU FIND YOUR DIRECTION

Nolan Bradshaw had tried post-secondary studies once before.

Straight out of high school with no clear direction, it was easy to get lost in the crowd.

He thought maybe it just wasn't for him but then he found PACE (professional, applied and continuing education) at the University of Winnipeg.

"At PACE, the small class sizes meant I was always with the same people," Bradshaw says. "Everyone was going

through the same things as I was. I finally had a support system."

With an end in mind of starting his own business, Bradshaw enrolled in the diploma in human resource management and certificate in management.

With caring faculty and peers helping him stay on track, Bradshaw worked hard to make the most of his second chance.

Along with the support, he says he credits the professionalism and expertise of his instructors with helping him get the

most out of the program.

"These are people with real-life experience, not just theory," says Bradshaw.

Bradshaw is now the owner and senior consultant of Nolan Bradshaw Consulting, a Winnipeg-based company that provides customized human resources, workplace health and safety, and management solutions to small and mid-sized businesses.

For more information about PACE programs, visit pace.uwinnipegcourses.ca/.



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PRESSMASTER/COLOURBOX

OPENING DOORS

CAREER LAUNCH PROGRAM PROVIDES GRADUATES WITH HANDS-ON CAREER EXPERIENCE

With almost three-quarters (73 per cent) of recent post-secondary graduates surveyed saying a lack of experience is a barrier to securing their first job, RBC

announced the RBC Career Launch Program, a multi-year investment in providing recent college and university graduates with career experience to help

strengthen their future employability.

The RBC Career Launch Program — a one-year internship for recent college and university graduates ages 24 and younger — combines formal learning, mentorship and professional networking opportunities with practical hands-on business and community experience that will equip participants with the necessary ingredients to help them build their resumé and launch their career.

“Starting your career with a degree or diploma in hand, but without experience, is like trying to unlock a door with a key that doesn’t fit,” says Zabeen Hirji, chief human resources officer, RBC. “This program is designed to equip youth with the critical workplace skills and practical hands-on experience employers are looking for. In addition, it fosters the growth and guidance they need through learning, mentorship and networking that prepares them for this new stage of life.”

The national survey of recent college and university graduates, commissioned by RBC and conducted by Ipsos Reid,

revealed that among those who graduated within the last year, 40 per cent are still looking for a job.

In addition, almost half (44 per cent) of youth who graduated in the past five years who have found jobs do not consider the jobs to be a career. This reinforces the importance of providing recent graduates with opportunities to gain the skills and experience needed to bridge the gap between school and career-life. The survey also found that nearly half (48 per cent) of recent Canadian graduates say applicable job experience helped them start their career.

“Many students struggle to demonstrate their potential value to employers after graduating from university or college,” says Lauren Friese, the founder of TalentEgg.ca, Canada’s leading job site and online career resource for students and recent graduates. “Recent grads can’t get a job without experience and they can’t get experience without a job.”

For more information, please visit rbc.com/careerlaunch.

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#NEWCAREER

Lights, camera, action!

NHL ups its reality-TV game

Cameras will follow more than a dozen NHL stars this winter as part of a new reality show that will air on CBC.

NHL Revealed: A Season Like No Other will chronicle the league's "Stadium Series" games, Heritage Classic and the 2014 Winter Olympics with the kind of behind-the-scenes access previously reserved for HBO's 24/7.

"You may hear many beeps," executive producer Ross Greenburg said on a conference call Monday. "You will not hear the actual colourful language, but you'll be able to decipher and lip-read at times."

The seven-part series will be broadcast on CBC in Canada and NBCSN in the U.S. beginning Jan. 22.

THE CANADIAN PRESS

NFL

Broncos safety out indefinitely after abrupt operation

Broncos safety Rahim Moore underwent emergency surgery Monday for a condition known as lateral compartment syndrome that can cost patients a limb or even their life.

Moore is out indefinitely.

Moore left the Broncos' 27-17 win over the Kansas City Chiefs in the first half Sunday night after being unable to accelerate on Jamaal Charles' 35-yard run.

The Broncos said he had a lower leg injury and removed him from the game.

THE ASSOCIATED PRESS



Jets get a point, but lose battle with Flames

Jets blue-liner Dustin Byfuglien tussles with a couple Flames on Monday night at MTS Centre. Brian Little scored at 19:54 of the third period to send the game to overtime, but the Jets went on to lose 5-4 in the shootout. MARIANNE HELM/GETTY IMAGES

Bruins just too good when up by 2

NHL. Smith, Soderberg have goal, assist each in Boston win

When the Boston Bruins take a two-goal lead, they can pretty much count on skating off with a win.

The Bruins surged ahead early against the Carolina Hurricanes and then relied on their penalty-killers to earn a 4-1 victory on Monday night.

Beginning with its 2010-11 Stanley Cup championship season, Boston is 100-6-6 in

On Monday

4

Bruins

1

Hurricanes

games it has taken a two-goal lead. It took the Bruins about 10 minutes to establish the margin against Carolina.

"It's commitment," Boston coach Claude Julien said. "Most of all, we're winning battles. We're doing a good job

of standing teams up."

That wasn't the case in late October when Boston allowed goals on five consecutive power plays.

"We were really awful on the (penalty kill), which is really unusual for us," said Tuukka Rask, who made 23 saves. "We wanted to go back to basics, killing one penalty at a time."

Reilly Smith and Carl Soderberg had a goal and an assist each in the first period. Johnny Boychuk scored midway through the third, and Milan Lucic added an empty-net goal for Boston.

THE ASSOCIATED PRESS



Bruins Milan Lucic and Johnny Boychuk celebrate Lucic's empty-net goal on Monday night in Raleigh, N.C. THE ASSOCIATED PRESS

Riders soaking in hometown Grey Cup hype



Roughriders fans celebrate the team's win in the West Division final over the Stampeders in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

The Saskatchewan Roughriders say they can stay focused amid the hype of playing the Grey Cup on home turf in front of their notoriously rabid fans.

Hundreds of fans took to the streets in downtown Regina after the Riders beat the Calgary Stampeders in the CFL West Division final and earned a spot in the Grey Cup.

Riders running back Kory Sheets got a first-hand glimpse of the enthusiasm after the flight back from Calgary late Sunday night.

"You know, it was funny,

me and Terrell Maze were walking through the house last night, somebody stopped their car and got out and was screaming and yelling. It was like, 'Congratulations. Yay!' And then they just got back in the car and pulled off," Sheets said with a laugh at a news conference Monday in Regina.

"I'm expecting a lot of that this week."

Sheets, who signed with the Riders in February of 2012, has never been in Saskatchewan when the team has made it to the Grey Cup. In fact, he says

he hasn't played in a championship game outside of high school.

He says he's getting advice on how to handle the situation from veteran players such as quarterback Darian Durant.

"Darian was telling me last night it's going to be crazy, just might as well soak it all up," said Sheets.

The Roughriders will face the Hamilton Tiger-Cats in this year's championship game, which will be played Sunday at Mosaic Stadium.

THE CANADIAN PRESS

Sochi 2014

Russia's sports minister says gay law was mistake

Russia's sports minister says passing the gay "propaganda" law that sparked calls for boycotting the Sochi Olympics was a mistake — not because of its contents, but because of its timing.

Vitaly Mutko is quoted by the RBK business newspaper as saying: "Perhaps the state authorities should have waited a little.... It was possible to calculate how much resonance it would cause in the West."

The law passed in June bans distributing so-called propaganda of non-traditional sexual relationships to minors.

THE ASSOCIATED PRESS

NFL

Ex-Raider Howard dies in car crash

Former NFL linebacker Thomas Howard has died following a high-speed car crash on a freeway in Oakland.

The Alameda County Coroner's office said the 30-year-old Howard was one of two men who died in the crash early Monday morning. The driver of the other car, 64-year-old Zeng Long Liu, also died.

Howard played eight years in the NFL after being drafted by the Oakland Raiders in 2006.

THE ASSOCIATED PRESS

NFL

Falling Bills fan's luck could change

An unruly football fan who survived a fall from the top deck of Ralph Wilson Stadium onto a man below has been banned from the stadium and could face charges, officials said Monday.

Video from Sunday's game between the Buffalo Bills and New York Jets shows the fan sliding down the 300 level railing in a seated position before flipping backward and plummeting about 30 feet to the 200 level.

He and the man he landed on were treated inside the stadium before being taken to a hospital, where they were treated and released, authorities said. THE ASSOCIATED PRESS

Incognito inquiry focuses on players

NFL. With Dolphins in fight for playoff lives, league continues to gather evidence over harassment scandal

The Miami Dolphins underwent interrogation Monday by an NFL special investigator, although they had already addressed one pressing question: Would they fold on the season?

Answer: No.

New York attorney Ted Wells began interviewing players regarding the harassment case involving tackle Jonathan Martin and suspended guard Richie Incognito. Wells' visit was expected to last at least two or three days, ensuring further distractions for a team trying to keep its season from derailing.

A defeat Sunday would have accelerated the Dolphins' recent tailspin. Instead they beat San Diego 20-16 to improve to



QB Ryan Tannehill and the Dolphins host the Carolina Panthers in Week 12 NFL action on Sunday.

MIKE EHLMANN/GETTY IMAGES

5-5 and remain in the race for an AFC wild-card berth.

"It's going to come down to a tight finish, and we have to win," quarterback Ryan Tannehill said. "We want to win all the rest of our games."

The Dolphins will try to do so while ensnared in the biggest scandal in franchise his-

tory. Martin left the team three weeks ago and alleges he was harassed daily by teammates, including Incognito.

On Friday, Martin spent nearly seven hours talking with Wells. Wells was appointed Nov. 6 by NFL commissioner Roger Goodell to investigate the Dolphins' workplace and prepare a report that will be made public.

Incognito filed a grievance last week against the Dolphins seeking to rejoin the team.

Revelations about the Incognito-Martin relationship struck a national nerve on the issue of locker-room bullying, and have even gone global. Former San Francisco 49ers quarterback Joe Montana offered a reaction Monday from the Great Wall of China, where he was on a tour to promote football.

Montana said bullying was common in the NFL, and said the locker room is a "fun, crazy place," but added, "It's a tough place, too, sometimes."

THE ASSOCIATED PRESS



Running with...da Bulls

The Bulls' Luol Deng goes up for a shot against the Charlotte Bobcats' Michael Kidd-Gilchrist and Jeff Adrien during the second quarter of NBA action in Chicago on Monday. Deng scored 21 points as the Bulls overcame poor shooting to win 86-81. PAUL BEATY/THE ASSOCIATED PRESS

MMA. Smiling GSP feeling better, thanks well-wishers for support

Georges St-Pierre was all smiles Monday, in the wake of his controversial decision win over Johnny Hendricks at UFC 167.

The UFC welterweight champion tweeted a picture of himself in his Las Vegas hotel with four friends including his mentor, former fighter Kristof Midoux.

"Good morning from Vegas - Feeling much better now! Merci a tous pour votre support incroyable!!!" St-Pierre tweeted.

The 32-year-old from Montreal is wearing a big grin and dark glasses to conceal facial damage in the picture.

St-Pierre (25-2) took a beating in winning a split (48-47, 47-48, 48-47) decision Saturday over Hendricks that drew criticism from Dana White. The UFC president said GSP won only the third round and called for the Nevada governor to investigate the Nevada State Athletic Commission, which oversees the sport.

After the fight, St-Pierre said he needed to take time away from the sport to deal with some personal issues which he did not detail. The commission, meanwhile, released purse information for



Georges St-Pierre celebrates Saturday night's win at UFC 167.

THE ASSOCIATED PRESS

the show Monday.

St-Pierre received a basic purse of \$400,000 US while Hendricks got \$50,000, missing out on a matching win bonus.

The UFC awarded both fighters an additional \$50,000 as a fight-of-the-night bonus.

The purse information only tells part of the financial story, however, since the UFC does not reveal all of its pay figures. St-Pierre's paycheck would be in the millions given he is the UFC's largest draw and gets a cut of the lucrative pay-per-view revenue.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	20	13	6	1	57	37	27
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	21	13	8	0	59	48	26
Washington	21	12	8	1	69	59	25
NY Rangers	20	10	10	0	42	50	20
Carolina	21	8	9	4	40	59	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Monday's results

Boston 4 Carolina 1
Pittsburgh 3 Anaheim 1

Sunday's results

Columbus 4 Ottawa 1
Washington 4 St. Louis 1
Los Angeles 1 NY Rangers 0
Chicago 5 San Jose 1
Dallas 2 Vancouver 1
Minnesota 2 Winnipeg 1

Tuesday's games

All Times Eastern

St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

Wednesday's games

Ottawa at Philadelphia, 7 p.m.
Nashville at Detroit, 7:30 p.m.
Minnesota at Montreal, 7:30 p.m.
Boston at NY Rangers, 7:30 p.m.
Chicago at Colorado, 9 p.m.
Columbus at Edmonton, 9:30 p.m.
Florida at Vancouver, 10 p.m.
Tampa Bay at Los Angeles, 10:30 p.m.

Note: Two points for a win, one point for overtime loss.

Wednesday's games

Minnesota at Ottawa, 7:30 p.m.
Pittsburgh at Washington, 8 p.m.
New Jersey at Anaheim, 10 p.m.
Columbus at Calgary, 10 p.m.

Thursday's games

St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

Friday's games

St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

Saturday's games

St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

Sunday's games

St. Louis at Buffalo, 7 p.m.
NY Islanders at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	22	10	10	2	57	61	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	23	15	6	2	72	59	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Note: Two points for a win, one point for overtime loss.

Ottawa at Philadelphia, 7 p.m.

Nashville at Detroit, 7:30 p.m.

Minnesota at Montreal, 7:30 p.m.

Boston at NY Rangers, 7:30 p.m.

Chicago at Colorado, 9 p.m.

Columbus at Edmonton, 9:30 p.m.

Florida at Vancouver, 10 p.m.

Tampa Bay at Los Angeles, 10:30 p.m.

Wednesday's games

Minnesota at Ottawa, 7:30 p.m.

Pittsburgh at Washington, 8 p.m.

New Jersey at Anaheim, 10 p.m.

Columbus at Calgary, 10 p.m.

Thursday's games

St. Louis at Buffalo, 7 p.m.

NY Islanders at Toronto, 7 p.m.

Friday's games

St. Louis at Buffalo, 7 p.m.

NY Islanders at Toronto, 7 p.m.

Saturday's games

St. Louis at Buffalo, 7 p.m.

NY Islanders at Toronto, 7 p.m.

Sunday's games

St. Louis at Buffalo, 7 p.m.

NY Islanders at Toronto, 7 p.m.

Monday's games

St. Louis at Buffalo, 7 p.m.

NY Islanders at Toronto, 7 p.m.

Tuesday's games

St. Louis at Buffalo, 7 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4 ^{1/2}
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Toronto	4	7	.364	5 ^{1/2}
Boston	4	7	.364	5 ^{1/2}
Cleveland	4	7	.364	5 ^{1/2}
New York	3	6	.333	5 ^{1/2}
Detroit	3	6	.333	5 ^{1/2}
Brooklyn	3	7	.300	6
Washington	2	7	.222	6 ^{1/2}
Milwaukee	2	7	.222	6 ^{1/2}

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	9	2	.818	1 ^{1/2}
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2 ^{1/2}
Houston	7	4	.636	2 ^{1/2}
Minnesota	7	4	.636	2 ^{1/2}
Dallas	6	4	.600	3
Phoenix	5	4	.556	3 ^{1/2}
Memphis	5	5	.500	4
Denver	4	5	.444	4 ^{1/2}
L.A. Lakers	5	7	.417	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6 ^{1/2}
Utah	1	10	.091	8 ^{1/2}

x - clinched playoff berth; y - division; z - conference.

Monday's results

Portland 108 Brooklyn 98

Charlotte at Chicago

Denver at Oklahoma City

Philadelphia at Dallas

Golden State at Utah

Memphis at L.A. Clippers

Sunday's results

Portland 118 Toronto 110

Memphis 97 Sacramento 86

L.A. Lakers 114 Detroit 99

Tuesday's games

Minnesota at Washington, 7 p.m.

New York at Detroit, 7:30 p.m.

Atlanta at Miami, 7:30 p.m.

Boston at Houston, 8 p.m.

Phoenix at Sacramento, 10 p.m.

Horoscopes

Aries

March 21 - April 20

You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

Taurus

April 21 - May 21

You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

Gemini

May 22 - June 21

You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

Cancer

June 22 - July 23

Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

Leo

July 24 - Aug. 23

You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

Virgo

Aug. 24 - Sept. 23

Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

Libra

Sept. 24 - Oct. 23

Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

Scorpio

Oct. 24 - Nov. 22

No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

Sagittarius

Nov. 23 - Dec. 21

Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

Capricorn

Dec. 22 - Jan. 20

If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

Aquarius

Jan. 21 - Feb. 19

Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

Pisces

Feb. 20 - March 20

It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
43. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear

46. Community in southern Ontario north of Waterloo
49. Friends of 'Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-to-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.

62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __...that's where you've got it wrong..."

2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the

- Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "Sue"
18. Even
19. Some computers

24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurrays!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	8	2	5	4	6	7	3	9
9	5	6	1	3	7	2	8	4
4	7	3	8	2	8	1	6	6
7	4	5	6	8	3	9	1	2
2	1	8	4	9	5	3	6	7
3	6	9	2	7	1	8	4	5
8	9	1	7	5	4	6	2	3
6	2	4	3	1	8	5	7	8
5	3	7	6	5	2	4	9	1

1	2					7		8
		4	9	6			3	2
3				5	2		9	
			9		3	8	6	
		3		6		2		
	6	4	1		2			
	3			9	7			4
4	5			6	9	2		
7		2				1	3	

Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 3°
MIN: -14°



MAX: -13°
MIN: -19°



MAX: -9°
MIN: -14°



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